



www.riley.army.mil

Weather Forecast

Thursday

High:94
Low:69

Today

High:92
Low:67

Friday

High:94
Low:67

WEDNESDAY

Fort Riley Post

Smith rocks Rally Point

Country singer Anthony Smith rocked the house Friday with a free concert at Rally Point. The singer took time to give the performance as part of the Spirit of America Tour.

See Page 5

July 2, 2003

America's Warfighting Center

Vol. 46, No. 26



Spc. Joseph Ciszczon, 1st Battalion, 16th Infantry, uses a laryngoscope to view the inside of the SimMan's throat.

SimMan gives medics realistic training

By Ryan D. Wood
Staff writer

In an effort to improve training, increase soldier skill and save lives, the division G3 has acquired one of the newest, most advanced training aids in the medical field. This new device is called the SimMan.

"The SimMan is the next best thing to learning on live people," said Capt. Jodelle Schroeder, 1st Brigade nurse. "It is a 5 feet, 2 inch, 70 pound digitalized mannequin. It creates an interactive experience of treating and caring for patients."

The SimMan is programmed to have a heartbeat, blood pressure, lung and bowel sounds, pulses, sucking chest wounds, bullet wounds, broken legs and amputated limbs. It can breathe, talk, bleed, drool, cry and if inappropriate treatment is performed, it will die. According to Schroeder, all life-sustaining measures can be done on the SimMan except surgery.

This new system allows medical personnel to train in an atmosphere as close to the real thing as is currently possible.

The 1st Battalion, 16th Infantry was the first unit at Fort Riley to train on the SimMan in the field. The medics performed different airway scenarios, including a sucking-chest wound with a collapsed lung. The SimMan also simulated a gunshot wound to the leg.

"I don't know many people who will voluntarily sit still and let a medic practice putting in a chest drain or put a breathing tube down their throat. And, how better to know if you are doing a tourniquet correctly than to actually see the blood stop flowing from a traumatically amputated wound?" said Schroeder.

"The old adage, 'If you don't use it, you lose it' is absolute truth for almost every profession. The medics have extremely perishable skills, and due to a generally healthy population and a lack of trauma at Fort Riley, they just don't get to practice those skills. There are some skills that require actual hands-on practice," she said.

Schroeder cited research stating that just talking, such as in a classroom setting, is not good enough.

"One of the benefits (of the SimMan) is the ability to kill it over and over and learn from the mistakes by doing an after-action review with the student." There is an event log that records every action done to the SimMan, she said.

"I think he's a great tool. It's nice to have as complex training as possible before going out and really having to do the procedures. This is first class training," said Sgt. Paul McCollough, medic, 1st Battalion, 16th Infantry.

"No one wants to see friends and colleagues die due to lack of realistic training."

See SimMan Page 4

Korea deployment pays off for tankers

By Jamie Bender
Staff writer

After returning from a three-month deployment to Korea, soldiers from 2nd Battalion, 34th Armor spent two weeks at gunnery to qualify 35 tank crews.

The soldiers arrived at Range 18 on June 17 prepared to re-hone their gunnery skills, said Lt. Col. Oscar Hall, commander, 2nd Bn., 34th Armor.

While in Korea they were in close combat ready, but were not given the opportunity to fire or do a lot of shooting," he said. "Out here they will get to re-hone their gunnery skills, not just for the tanks but for small arms as well. We have done M-16 ranges, 9 mm, MK-19 ranges and mortar firing and scout training."

The gunnery involves several tasks the soldiers must complete for qualification.

"We are setting our goal for Tank Table VIII, which is individual tank crew qualification," said Hall. "There are 10 engagements: six day engagements and four shot at night. It's a test. They are given a scenario and a certain amount of ammunition, and it's a timed event. They have to engage the targets in under a certain amount of time, and the goal is 700 points. But, that is the minimum standard, and we don't ever shoot for the minimum."

Tank Table VIII demonstrates the proficiency of the tank crew.

"Tank Table VIII is for bragging rights, for best tank battalion, best tank platoon, best tank company," said Hall. "We build up to that through Tank Table IV, which is dry fire. Then, we go to Tank Table V, which is all machine fire. We have Tank Table VII, which is in preparation for Tank Table VIII. The targets are smaller and the times are shorter. It's like the playoffs for the Super Bowl."

The soldiers of 2nd Bn., 34th Armor began preparing for gunnery while in Korea by taking the Tank Crew Gunnery Skills Test. They also used an M1 simulator called a Unit Conduct of Fire Trainer.

The deployment to Korea brought the soldiers closer together, said Hall. "There is nothing like a deployment to bring soldiers together," he explained.

"They are in close confines in a foreign country. That cohesion they built over there has transferred back to here. If you sit here and listen to the war stories and the jokes among the soldiers, it is quite obvious that the company and the platoons and the crews have shared a great experience while they were together in Korea. That's what it's all about, teamwork. That teamwork, that training, that trust has really held them together and is what is causing them to shoot well today."

The gunnery was not just for the tank crews. The maintenance teams, medics and cooks were also involved.

The maintenance teams rose to the challenges of keeping the tanks and support vehicles operational, said Sgt. 1st Class Clifford Bell, maintenance team chief, Company A, 2nd Bn., 34th Armor.

"After a tank has sat for so long, it's hard to keep it running. But even that hasn't been much of a challenge. They come in and we fix them, and they go right back out there to the line. We have a great support staff. Our maintenance technician finds us parts when we need them," said Bell.

Bell said that if his soldiers could take only one thing from the gunnery experience, he wanted it

See Tank Tables Page 3

"I want the soldiers to understand that with world conditions today, they could be anywhere in the world in 48 hours."

—Sgt. 1st Class Clifford Bell
Maintenance Team Chief
2nd Battalion, 34th Armor

Iron Rangers take fight to field setting during final table testing

By Ryan D. Wood
Staff Writer

The smell of gunpowder, the feel of camo on the skin, the thunder of tracked vehicles moving in for the kill, soldiers pouring out of their Bradleys onto the unsuspecting enemy, this is the joy of a soldier's life, and 1st Battalion, 16th Infantry showed how it is done in five days of table qualifications and training.

Getting soldiers ready for qualification is a long and difficult process. "We've actually been doing more than just the Bradley Table XI and Table XII," said Maj. Richard Anderson, executive officer, 1st Bn., 16th Inf. Training also included drills for dismounted infantry. The line platoons go down range conducting blank fire exercises, which prepare them for their part in the final training and testing. The final test unites the Bradley Fighting Vehicle with the fighting squads. It incorporates both teams into one unit, which must seize an objective as a unified element, he said.

"Training here is invaluable to get the coordination between the platoons and let the platoons work on their battle drills and their deliberate attack procedures," said Anderson.

Sgt. 1st Class James Yonker,



Members of 3rd Platoon, Company C, 1st Battalion, 16th Infantry, move out after their Bradleys assaulted the first half of their training tables. The infantry squads cleared the way for the tracked vehicles while the Bradleys provided support by fire.

support-by-fire over watch."

Command and control is the most important skill taught during the training, and it is also the hardest to achieve, said Yonker.

"The most challenging thing is getting the dismounts to work together to seize an objective along with Bradleys. It's a very complicated mission," said Yonker.

After crews solidify training during the day, they do it all over again at night. With darkness

comes a different set of rules and an increase in the danger level.

"You can't see where the other squads are," Yonker said. "For the Bradleys, things don't change much because of the thermalization. We can engage targets at

night better than in the daytime. For the dismounts, it's knowing where the other squads are and where you can fire. You have a support-by-fire element and an assault element, which are separate elements out there moving. The leaders need to know where the soldiers are at all times, and it becomes the leaders' biggest challenge," he said.

Along with the Bradleys and ground pounders, other elements of 1st Bn., 16th Inf., were also in the field last week honing their skills.

"We have maneuver training out in the western strip where a company will be able to take platoons and go force-on-force with other Bradleys. We have our scout platoon out here to replicate reconnaissance. When the platoon is moving, they conduct a movement to contact and they react to what they see on the battlefield. We also have mortars that are live firing out here this week. We brought out all of our support packages as well, so all of them are getting trained, from the cooks in the support platoon to the tactical operations center," said Anderson.

As the dust settled and training started to wind down, roaring motors were stilled and the guns

See Iron Rangers Page 3



Cyan Magenta Yellow Black



Page 2

Fort Riley Post

July 2, 2003

Victory Six Sends: Remember safety this holiday weekend

On Independence Day, we will be celebrating the birth of our great Nation and 227th anniversary of our independence. Since that historic event in 1776, this Nation and our ancestors have endured many hardships and struggles to make this great country what it is today, and our commitment to the ideals of "life, liberty, and pursuit of happiness" have been tested numerous times.

During the upcoming Fourth of July

holiday, I would like everyone to take a minute and give thanks to our deployed soldiers and the many Americans who gave their lives in preserving this great Democracy we call the United States of America. The Fourth of July is the time when we pause to express our gratitude for the many blessings that we all enjoy. It is also a time to reflect and remember the many contributions that each generation of America's military men and

women have given to preserve the freedoms we enjoy.

During this holiday weekend, safety must be our number one priority. So that all return safely, commanders must ensure that soldiers are briefed on the following subjects prior to being released for the holiday weekend. POV Safety is the prevention of automobile and motorcycle accidents and ensures vehicle serviceability. Fort Riley has experienced

three POV fatalities this year; therefore, stress the importance of using seat belts, driving the speed limit and not driving while fatigued or intoxicated. Emphasize the potentially fatal consequences of not wearing life jackets and drinking while boating. Fourth of July is traditionally very hot and humid; ensure plenty of water is on-hand. Make certain everyone in your group drinks enough water to keep them from dehydrating and over-

heating. Enjoy the holiday and have a safe and enjoyable Fourth of July. Our Nation depends on it.

Dennis E. Hardy
Brigadier General, US Army
Commanding

Fort Riley soldiers act as mayor, vice-mayor of Al Ameria, Iraq

By Jess Sullivan
Daily Republic

Army Capt. Jonathan Lauer and Lt. John Ruch are both West Point graduates and they both were among the first soldiers to cross the berm into Iraq from Kuwait in March. Now, the combat veterans from Fort Riley are known respectively of the mayor and vice-mayor of Al Ameria, a community of about 2,000 Iraqis living just west of Baghdad.

Lauer and Ruch have set aside their combat missions that got them to Baghdad. Now they spend their days overseeing Alpha Company, a group of approximately 90 soldiers who a month ago inherited the task of caring for and keeping safe the segregated community, a home to many former government employees and Ba'ath party officials who lost their way when Saddam Hussein was toppled in April.

Ruch goes to at least two of the 31 schools under his supervision each day. "They are mostly worried about security for the girls. Rumors have been out there about kidnappings. They are more concerned about security than they are electricity," Ruch said. Tanks and humvees, each with heavily armed soldiers, park at every school at the start and close of every school day.

"We didn't receive a lot of training at West Point in this sort of thing," Ruch said. "At times it's frustrating, but it can also be rewarding when kids get chalkboards or lights in their class-

rooms."

While Ruch is a 24-year-old officer who has become an interim Al Ameria, Iraq schools administrator, Lauer is responsible for a much bigger picture. A sign on his desk reading "Mayor Lauer," a gift from his commanders, makes it official. He is the man with the power in Al Ameria.

Lauer began a recent Friday morning the same way he has begun most of his ten hour workdays in the past five weeks, listening and managing concerns, complaints and questions from residents of Al Ameria.

Friday, being the holy day in Iraq, is usually a good day for soldiers to catch up on maintenance, paperwork or sleep. The day of worship did not keep residents from turning to Lauer for help with whatever their most recent problem might be.

An Al Ameria resident came to Lauer and, through an interpreter, described how a "judge" came to his home and told him he and his family would have to move out by tomorrow. The resident, a refugee who moved into the home that belonged to a former military official, had no paperwork or anything more specific, just the "order" by a man claiming to be a

judge who was accompanied by men claiming to be Iraqi police.

Lauer told the refugee there were not any judges in Iraq just yet, and no government, so he did not have to worry. Lauer then asked about an eviction notice, a

concept not likely a part of the former government dictatorship. "There has to be a day when everybody goes to court for

there to be an eviction," the mayor told his constituent. While the legalities of the landlord-tenant relationship may have rung true for Lauer, there is not yet any court in Baghdad for the man to turn to — a small but telling example of the sorts of dilemmas confronting hundreds of soldiers

turned mayors and their citizenry. A few days later, the so-called judge would come into Al Ameria accompanied by soldiers from an Army Military Police unit working nearby. The brazen act of playing one group of soldiers off another group upset Lauer, who promised he would resolve the matter the way he wanted the next day.

Throughout Lauer's outdoor tableside chat, a tank crew was working nearby, noisily replacing the tracks on their tank, an arduous job compounded by the 100

degree temperatures in the morning hours. The tracks on their tank, the same tracks it had when it crossed the Kuwait border 2,400 kilometers ago, have worn down to metal, which has been prompting complaints to Lauer about sidewalk and curb damage as the tank patrols the community streets.

In addition to working out individual citizen complaints, Lauer also has to manage bigger issues that affect the community and even extend further into Baghdad. When the military arranged for a bank to exchange 10,000 dinar notes for 250 dinar notes over a rumored counterfeiting scheme, a bank in Al Ameria went nearly overnight from a few hundred customers to several thousand customers.

The crowds prompted chaos, with the bank running out of money and closing by noon.

"People began lining up at 5:30," recalled 1st Lt. Sam Fishburne of Birmingham, Ala. "The guys would stand in line single file, but the women, holy cow, they went berserk, pushing and crowding, falling into the concertina wire. We ended up having to use our bodies, creating a human barrier, pushing our backs against them." Chaos returned a few days later with soldiers turning the hot exhaust plume of a tank on a crowd to disperse them when Iraqi security guards lost control and fired warning shots into the air.

The soldiers under the mayor's command also field complaints

during their patrols. "A lot of the time they complain about the electricity or things, blaming us for things we can't do anything about," Fishburne said. "I just tell them we'd be happy to leave and they can have Saddam back. That quiets them down real quick."

The complaints are made against a backdrop of religious zealotry coming every Friday afternoon from the megaphones of a minaret a few hundred yards from Company A's compound, a former Ba'ath Party training

facility. "That's Iraqi Hitler," Fishburne said of the Imam's weekly lecture that follows the chanted prayer. The diatribe has included calls to fight the Americans and calls for unity to defeat the Americans.

"I tell them it will just make it harder if our soldiers are scared," Lauer said.

Editor's Note: Jess Sullivan, with the Daily Republic newspaper, Fairfield, Calif., is embedded with Fort Riley's 3rd Brigade Combat Team.

Grunt By Wayne Ulden



KANSAS PRESS
2 x 2"
Black Only
Scribe/7-1 & 7-4

Study shows safety of smallpox vaccination

DoD Release

Dr. William Winkenwerder, Jr., assistant secretary of defense for health affairs, announced last week that research the Department of Defense conducted over a six-month period, suggests that a large-scale smallpox vaccination program can be carried out safely, with few serious adverse events.

"Data from our research is vitally important to the preparedness of the nation. The ability of the military to conduct this vacci-

nation program safely demonstrates the capability to protect the public at large from the specter of smallpox as a weapon of terrorism," he said.

John D. Grabenstein, R.Ph., Ph.D., of the Military Vaccine Agency, U.S. Army Medical Command, Falls Church, Va., and Winkenwerder analyzed data from the U.S. military smallpox vaccination program from its inception on Dec. 13, 2002, through May 28.

Grabenstein and Winken-

werder looked at the number of vaccinations, rates of vaccination exemptions, symptoms and adverse events. Data was collected via reports to medical facilities on multiple continents and ships at sea. In five and a half months, DoD administered 450,293 smallpox vaccinations. Most adverse events occurred at rates below historical rates. In two settings, one half percent and three percent

of vaccine recipients needed short-term sick leave.

The military vaccination program ensures military preparedness against

use of smallpox as a biological weapon, and ensures that troops can continue their missions. Resumption of smallpox vaccinations nevertheless has raised important questions regarding implementation and safety.

KANSAS PRESS
2 x 2"
Black Only
CPI/7-1 & 7-4

LAURA'S REPEATS
2 x 1"
Black Only
2x1, LAURA'S

SENIORS' SERVICE CENTER
2 x 2"
Black Only
seniors center 2 ads running

WILDCAT CREEK SPORTS CENTER
2 x 4"
Black Only
summer activities

KANSAS PRESS
2 x 2"
Black Only
Steamboat/7-1 & 7-4

SET
2 x 5.5"
Black Only
July times

FORT RILEY POST

This newspaper is an authorized publication for members of the Army. The contents of The Fort Riley Post are not necessarily the official views of, or endorsed by the U.S. Government, Department of Defense, Department of the Army or Fort Riley. The Fort Riley Post is an unofficial publication authorized by AR 360-1. Editorial content is prepared, edited and provided by the Public Affairs Office and Fort Riley. The Fort Riley Post is published by Montgomery Communications, a private firm in no way connected with the Army, under exclusive written contract with Fort Riley.

Publisher-Brig. Gen. Dennis Hardy
Public Affairs Officer-Maj. Jeffrey Buczkowski
Command Information Officer-Gary Skidmore
Printer-John G. Montgomery
Fort Riley Editorial Staff:
Editor-Lori A. Bullman
Staff Writers-Spc. William Biles, Spc. Ryan D. Wood, Spc. Jamie Bender, Kim Levine, Emily O'Connor, Mike Watson
Advertising Representatives-Shelby Dryden, Jody Hessefflow, Sara Medina

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army or Montgomery Communications of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected.

For business or advertising matters, call The Daily Union in Junction City at (785) 762-5900. For news offerings, call the Fort Riley Public Affairs Office at (785) 239-8854 or DSN 856-8854, or write to the Public Affairs Office Bldg. 405, Fort Riley, KS 66442-5016.

Circulation 9,200 copies each week
By mail \$20 per year
A licensed newspaper member of the Junction City and Manhattan chambers of commerce





Soldiers receive medals in Iraq

Maj. Gen. David Petraeus, commanding general of the 101st Airborne Division (Air Assault) awarded nearly 50 medals to the soldiers of the Thunderbolt Battalion during a ceremony at 2nd Battalion, 70th Armor's headquarters in Baghdad. The medals ranged from Bronze Stars with "V" devices to Army Commendation Medals with "V" Device. One soldier also received a Purple Heart.

Referring to them as his "Air Assault Tank Battalion," Petraeus had nothing but high praise for the tankers. "You all know that 2-70th Armor has an incredible record on the battlefield," he told those gathered at the ceremony. "You added a great, great chapter to that history fighting with the 101st in Operation Iraqi Freedom."

Throughout the ground war phase of OIF, 2nd Bn, 70th Armor, fought with all three brigades of the Screaming Eagles.

The last time the 70th Armored Regiment and the 101st Airborne Division were together in combat was during the Battle of the Bulge in World War II. Fifty-nine years later, the 101st Airborne Division (Air Assault) and the 70th Armored Regiment, in the form of 2nd Battalion 70th Armor, teamed up again, this time during Operation Iraqi Freedom.

"You fired the first direct fire round for us that blew a hole in the wall at the Agricultural College in Najaf that allowed our infantry battalion to go in and start clearing the city," said Petraeus.

"You fired the shots up around Karbala that finally cracked that stronghold and you also defeated the Republican Guards when they were still coherent, cohesive and organized as a combined arms team. You kept running and reported 'operational ready' even when your road wheels were falling off," Petraeus said. "Your heroism truly brings a lump to my throat as I think about

what you did in all those battles."

Staff Sgt. Chris Kohunsky, of Chesterfield, Mo., was among the Fort Riley soldiers to receive a Bronze Star with "V" Device for heroic and meritorious service during OIF.

His wife, Kelly, and mother, Mary Jo, were both excited to hear that he was doing great things for his country.

"I am extremely proud of him. He has always been my hero," said Kelly. Although she had only spoken to her husband three times since he deployed on March 5, he called her June 30, just as she was looking at a photo of him receiving the medal that was e-mailed from Iraq.

She said her husband was very humbled. He told her that it was a good day to be standing there with his fellow soldiers in front of the general, and that he respected the people surrounding him.

"We have always been proud of Chris and his service to the Army and are delighted that he can add one more award to his collection," said Mary Jo.

In addition to the awards, Petraeus presented Lt. Col. Jeff Ingram, the battalion commander, and Command Sgt. Maj. David Skidmore, the battalion command sergeant major, with ceremonial 101st combat patches.

Ingram also received the Silver Star April 18, in Baghdad for conspicuous gallantry in combat during Operation Iraqi Freedom.

"I hope all the soldiers are safe and know that we think of them daily," said Kelly. "We're proud of them and we can't wait for them to come home."

Editor's Note: Story by John Wollaston and Christie Vanover.



News from 3rd BCT:
Spc. John Wollaston reporting

Talk Around Town

"What do you do for exercise when it is extremely hot outside?"



"I wait until it is cooler outside and then I go walk around the hill."

*Sgt. Kendal Smith
Company B,
1st Battalion, 41st
Infantry*



"I don't do anything. I just stay in my apartment watching TV."

*Sgt. Manuel A. Tort
Veterinary Services*



"I go swimming if possible, or go for a nice bike ride or or I go to the gym."

*Sgt. Gilber Hernandez
Dental Activity*

Tank Tables

continued from page 1

to be preparedness.

"I want the soldiers to understand that with world conditions today, they could be anywhere in the world in 48 hours," he said.

Sgt. 1st Class Ricky Parham, battalion motor sergeant, said one of the biggest challenges for the soldiers was the heat.

"A majority of the work is done in the daytime," he explained. "We have to stay hydrated by drinking lots of water. It's a challenge, but they keep drinking water and driving on. They take breaks to let their bodies cool off. We have had hot temperatures out here, and coming from Korea where the temperatures were in the 40s and 50s, our bodies are still getting readjusted to the Fort Riley area."

Parham said he hopes the soldiers take home technical competency from this experience.

The soldiers have to be able to provide, be able to win, be able to fight and be maintenance compe-

tent on the battlefield," he said.

"That's what I would like them to take from this. It's a training environment, but it gets them prepared for different theaters."

Pfc. Kevin Foreman, M1A1 mechanic, said the maintenance soldiers' experiences in Korea helped to bring them closer together. "When you are over there, the people you work with are all you have, so you take them in as your own family," he said.

"When you work with people like that, you learn how to communicate better, you learn what makes them mad, what makes them tick, and you can get your point across easier and get the job done better."

The medics of 2nd Bn., 34th Armor were also being challenged during the gunnery.

"We continuously give the medics no notice scenarios where they have a soldier who is hurt, and they have to move now. They don't know whether it's real or it's training," said Hall. "They have

not missed a call once. They have been there, taking care of the soldiers."

While Tank Table VIII is the final hurdle for the tankers, the gunnery experience is a team effort.

not missed a call once. They have been there, taking care of the soldiers."

While Tank Table VIII is the final hurdle for the tankers, the gunnery experience is a team effort.

not missed a call once. They have been there, taking care of the soldiers."

While Tank Table VIII is the final hurdle for the tankers, the gunnery experience is a team effort.

not missed a call once. They have been there, taking care of the soldiers."

While Tank Table VIII is the final hurdle for the tankers, the gunnery experience is a team effort.

Iron Rangers

continued from page 1

were silenced. Soldiers, tasting the dust and rubbing aching muscles, departed for home, and a smile of satisfaction tweaked more than a few lips. The Iron Rangers had accomplished the mission and were ready for whatever the world might throw at them.

"It's just being out here with the soldiers," Anderson said, referring to the best part about training with his men.

Anderson's pride in the modern American soldier became evident in his final remarks as he took to the field during the final day of training.

"He's a great American and a great individual. He is the only resource that we can't re-supply as well as we should. You would be amazed at what a soldier can do when a soldier is challenged and when a soldier is taught the right thing to do out in the field."

CITY OF MANHATTAN
2 x 3"
Black Only
ats in the park-july

KANSAS PRESS
2 x 2"
Black Only
Star 7-1 & 7-4

FREE-TO-KNOW
2 x 5"
Black Only
Free-to-know

COTTONWOOD THEATERS
1 x 3"
Black Only
1st JULY RUNNING

MILITARY OUTLET
3 x 3"
Black Only
summer BDG sale

JC's Best Coffee Shop
3 x 4"
Black Only

HOLM AUTOMOTIVE
3 x 4"
Black Only
3rd, p/u 6/20, holm



Korea 50 years ago -- ROK assaults fail to retake Outposts Queen, Bak

By Jim Caldwell
Army News Service

After Chinese artillery stopped several attempts by South Korean forces to recapture hills near Sniper Ridge, I Corps determined the outposts were not worth the casualties and called off its assaults 50 years ago this week in Korea.

June 26-July 2, 1953 — ROK troops on the east flank of I Corps are still suffering a beating by the Chinese. But they're trying to retake ground they've lost to the communists. The 15th Regiment of the ROK 1st Infantry Division had been driven off two outposts and a hilltop position, and on the morning of June 26, the regiment is in no condition to counterattack the enemy.

The 12th Infantry Regiment reinforces the 15th that morning and launches a two-battalion counterattack against Outpost Bok, which is unsuccessful. They repeat the attack on June 27 against Hill 179 on June 27 with the same disastrous results.

To the east, the lull in fighting provided enough time to put the ROK 5th Infantry Division back together after the beating it took in the previous enemy assaults. It's judged fit for duty by X Corps leaders on June 26. It goes back on the line and returns to ROK II Corps control.

The ROK 7th Inf. Div. replaces the 20th Inf. Div. on the 5th Inf. Div.'s right flank. That night heavy artillery and mortar fire on both divisions precedes an assault by enemy regiments, one against part of the 5th Inf. Div. and the other against the 7th Inf. Div.

The 5th is forced to give ground, so the 7th has to move its left back to keep the line intact. Then the Chinese force 7th Inf. Div. soldiers off Hill 938, which guards the approach to Hill 1220 to the southeast.

For the rest of the week, the ROK 7th Inf. Div. will send several assaults to retake the hill. Although the Chinese hold a small area at the top, their artillery lays down such heavy, deadly

artillery and mortar fire on the attackers that the South Koreans are unable to penetrate it.

The Chinese break through the ROK 1st Inf. Div. positions on Outpost Queen in I Corps on June 28. The next day the South Koreans try to retake Outposts Queen and Bak and Hill 179, and only suffer heavy casualties for their efforts.

Lt. Gen. Bruce Clarke, I Corps commander, orders the attacks broken off the same day. He does not think it's worthwhile to fight for territory that makes it difficult to reinforce outposts under the best circumstances. To have to reinforce through curtains of enemy artillery makes it almost fatal. Clarke reportedly feels the outposts aren't important enough to spend so many lives to hold them and then try to take them back.

Fighting ends temporarily in I Corps on June 29.

A Fifth Air Force spokesman reports June 30 that U.S. Air Force F-86 Sabrejet pilots shot down 15 MiG-15s in dogfights over Korea today, the most in any single day in the war. June is also a record-setting month for MiG kills — at least 74 confirmed.

Lt. Gen. S.E. Anderson, Fifth Air Force commander, says that only one F-86 was shot down in dogfights the past 75 days.

On July 1, a Fifth Air Force spokesman reveals that 30 planes of all types were lost to enemy ground fire and other reasons during June.

June 26-July 2 - The Assistant Secretary of State, Walter S. Robertson, meets almost daily with South Korean President Syngman Rhee. Robinson's job is to

reassure Rhee of the United States' commitment to and friendship with the Republic of Korea.

He reports later that there was great fear within the ROK government that the United Nations will tire of the war and leave the South alone against the Chinese and North Koreans. He said that there may have been bitterness in the United States over Rhee unilaterally releasing the prisoners, but there is equal bitterness in South Korea that is "distilled by their tears."

On June 27 Rhee says that President Dwight Eisenhower has met all of the demands that he has laid down. However, he says he wants the conditions in writing because verbal promises can easily be forgotten. Then he adds more to the list.

The meeting will last longer than a week.

June 29 — Gen. Mark Clark, U.N. Supreme Commander, sends a letter to Kim Il Sung, North Korean premier, and Gen. Peng Teh Huai, Chinese commander in Korea, suggesting that truce talks resume at Panmunjom. Clark has

permission from Eisenhower to threaten to withdraw U.N. forces from South Korea if it appears that Rhee intends to interfere further in the truce talks. However, he cannot actually go through with the withdrawal.

The Army announces June 29 that on June 24 it gave an "undesirable" discharge to Cpl. Paul Schnur Jr., 21, San Francisco, one of the American prisoners released by the communists under Operation Little Switch in April. An Army spokesman said regulations allow the Army to discharge soldiers who are "disloyal or subversive" instead of trying an individual by court martial.

Schnur says he does not know what he did to deserve such a discharge.

However, his father, active in the Progressive Party and former CIO official, headed a committee that tried to prevent the execution of convicted atomic spies Ethel and Julius Rosenberg June 19.

Fort Riley continues to be a Korean War Commemorative Community through 2003.



SimMan continued from page 1

As the best Army in the world, we should expect to have the best medics in the world. The AMEDD (Army Medical Department) Center and School does a fantastic job of training medics, and now we have the responsibility to keep those skills intact," said Schroeder.

The SimMan is used at the National Training Center, the Joint Readiness Training Center,

the 91 Whiskey Advanced Individual Training and multiple other military medical training sites around the world. The 4th Infantry Division spent weeks training their medical personnel on multiple simulators prior to deployment to Operation Iraqi Freedom, and it proved to be invaluable. The Army's Warfighting Center, Fort Riley, just improved one step above that by

adding the SimMan to its repertoire of training capabilities, said Schroeder.

According to Schroeder, the SimMan came to Fort Riley at a cost of \$39,000. It was worth it if a medic becomes proficient enough by practicing on it to save even one life.

To get a SimMan took months of research, convincing, justification writing and searching for

available funds. He is the result of over a year's worth of effort, Schroeder said.

She compared the new SimMan to an invaluable piece of equipment equivalent to a tank simulator or weapon, only geared toward medics.

"We often talk about how important it is to be proficient on your primary weapon system, to know it inside and out, how to

trouble shoot and fix it and make it fully combat effective. The medics' primary weapon system

is the human body, that fellow soldier behind all other weapon systems," said Schroeder.

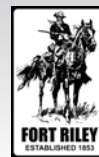
HOUSE ADS
6 x 12.5"
Black Only
AUSA--IF POSSIBLE



In Step on Channel 2

6:30 a.m. In Step
 8 a.m. In Step
 Noon In Step
 6 p.m. In Step
 10 p.m. In Step

Fort Riley Community



July 2, 2003

America's Warfighting Center

Page 5

Country singer rocks at Rally Point

By Jamie Bender

Staff writer

Country singer Anthony Smith rocked the house Friday with a free concert at Rally Point.

The singer, whose song, "If That Ain't Country," hit the country charts earlier this year, took time to give the performance as part of the Spirit of America Tour, a project of the Robert and Nina Rosenthal Foundation, Inc.

Smith said he has a strong military background and has several uncles who served.

"I have an uncle named Mario who was killed in Vietnam in 1966. I guess all my uncles were in the military," said Smith. "If it hadn't been for music, I would have ended up there, too. I sort of still regret the fact that I didn't serve."

Smith has used some of his family's military experiences as inspiration for his music.

"I wrote a song for the music soundtrack of the movie 'We Were Soldiers,' with Mel Gibson," said Smith. "It was a song called 'Didn't I.' I drew on some of the experiences of watching the reactions of my family when something happened and they got news of their loved ones. It's a real

important subject for me."

Smith said the show is his way of saying thank you.

"I want to be with the guys and give them some [rest and relaxation] and a chance to let loose and rock with some country music," he said. "I feel honored to be a part of that. Anytime I can, I intend to help entertain our troops."

Smith said he enjoys playing at installations because the soldiers enjoy it and he wants to do his part for his country.

"Anything I can do for the military, I want to do it," he said. "Playing on bases is great. The response is always great, too. They really want to hear some good music, and they appreciate it. I love it. It's my way of serving without having to get up in the morning and run. Although, I am fixing to start doing that before my next video."

The country singer has a great appreciation for those who serve in the military.

"I love those guys and I think America loves them," he said. "The vast majority of America is behind them. We appreciate them from the bottom of our hearts. Without them, we would be in serious trouble. There

is no price that you can put on protection of your country and those men and women out there are providing that."

After getting his first guitar at the age of 6, Smith began playing gospel and country music.

"There was always country music around the house. In fact, I don't think I even heard any rock and roll until I was about 12 years old because all Mom and Dad had was country and gospel records," said Smith. "I learned to play that first. It wasn't until I was a teen-ager that I started experimenting with some rock and roll."

Having grown up with country and gospel, Smith said he feels that style of music is best for him.

"I think as a singer, and what I wanted to say could best be done through country lyrics. I think my voice sort of lends itself to that," he explained. "The message that comes from within me when I'm up on stage, and what I want to sing about, is stuff that is real. I love a good feel, good song that will get everyone partying a little bit, but once in a while you bring it to something that has a message or that is thought provoking. Country music is the best format to do that in."

A huge Bob Hope fan, Smith said he would take any opportunity to entertain troops.

"I would absolutely go overseas to entertain troops," he said. "Bob Hope didn't play country music, but there is a certain spirit there. If I could be even a fraction of the influence that he was, I would be a happy man."

The future holds another album for the singer and his band.

"I have the best band in the world," he said. "These are the best players in Nashville, and I don't know why they're making these sacrifices to play with me. We are traveling around and doing a lot of shows right now, but I plan to take a few days off each week to record a new record. There are a lot of people out there waiting for a new record, and I can't wait to give it to them."

Anthony Smith plays guitar and sings at Rally Point Friday night.

Anthony Smith and his band play for the crowd at Rally Point. Smith visited Fort Riley as part of the Spirit of America Tour.

Gardening can provide children exercise, stress reduction, much more

Looking for a solution to child obesity, stress, youth violence or an alternative to competitive youth sports? Look no further than your own back yard.

Richard Mattson, professor, Forestry and Recreations Resources Department, Kansas State University, said horticultural therapy can provide children with stress reduction, exercise, nurturing skills and a host of other benefits.

According to Mattson, horticultural therapy is an interdisciplinary approach

to healing that integrates social and behavioral sciences and horticulture. This means that the people/plant relationships developed through gardening can improve ailments ranging from depression and high blood pressure to chronic pain.

Mattson says many children need physical exercise and feel better about themselves by working in a garden.

"Some children are angry," he says. "Chopping weeds in a garden gives them

a chance to reduce their frustrations and stress." If a child is too obese to play on a sports team, gardening can be a good first step toward reducing weight and improving physical health, for example.

As the K-State horticulture therapy website notes, "Getting dirty is a part of growing up." Manhattan-area people are taking this advice to heart with help from K-State horticulture students and professors.

Mattson describes the one-acre garden

northwest of Lee Elementary School in Manhattan as "world class."

Each class at the school has a plot in the garden in which to grow flowers, herbs and vegetables of their choice during the school year as part of the curriculum. During the summer, teachers maintain the garden. The program has blossomed with great popularity since the first Arbor Day trees were planted 15 years ago.

Students learn how to care for plants

through weeding, watering and other gardening activities. However, Mattson says the school garden can teach much more. Students learn nurturing skills by having responsibility for other living things, and they can gain a sense of ownership and pride for foods they normally may never eat at the dinner table.

"There's nothing like eating the first tomato or sweet corn from your own gar-

See Gardening Page 8

Daxton Ross, son of Staff Sgt. Richard D. Ross, Company A, 1st Battalion, 16th Infantry, looks out of the top of a tracked ambulance during the battalion Family Day Saturday. Family members saw their soldiers in action and were able to tour battalion vehicles and witness a fire assault demonstration by an infantry squad.

Summer lunch program depends on post school

By Kim Levine

Staff Writer

For several years, Ware Elementary School has been the satellite school for providing free summer lunches to children in the community.

With the current number of deployed soldiers, Kitchen Manager Liliane Gibson, said she was worried the turn out might not be as high this year as in previous years, because of spouses leaving Fort Riley for the summer.

Fortunately, she said, this summer's program was a tremendous success.

The program, which ended Friday, ran throughout the month of June. Free lunches were served to children 18 years old and younger, and provided to adults for \$2.65.

"The purpose of the program is to target the low-income areas and provide them lunch during the summer," said Gibson, "but we serve anyone who comes, no questions asked. The more, the better."

The weather was a factor in

this year's success, according to Gibson.

The nice weather allowed parents to stop by for lunch between their summer activities.

Sponsored by the U.S. Department of Agriculture, the summer lunch program was also offered at Lincoln and Westwood Elementary schools in Junction City, but Ware prepared all the food.

Ware was chosen to be the satellite school because it has the appropriate facilities to serve large numbers, said Gibson.

A variety of different lunches were served throughout the month, including pizza, chicken strips, cheeseburgers, country-fried steak, fruits and vegetables.

"We choose the menu that is the most successful during the school year," said Gibson. "We do still follow the nutritional guidelines, as well."

While Gibson said she was happy with the participation this year, she would like to serve even higher numbers next year. There is no limit to the number of people they can provide the lunches to she said.



Post, Junction City fire departments aim fire safety at families

Fort Riley Fire Department

The Fort Riley Fire Department, in conjunction with the Junction City Fire Department, is teaching Family Fire Safety and will display its equipment in the housing areas in July. The training will use Junction City's new Fire Safety House.

The house is a 35-foot mobile classroom that features child size rooms and real-life hazards, such as smoke and heat. The house pro-

vides a safe environment that provides children with the knowledge needed to prevent fires and the steps to follow if they find themselves in a fire situation.

Additionally, Fort Riley's ladder truck will be on site to show children and parents one of the installation's best pieces of fire fighting equipment.

The Fire Safety House uses operational kitchen appliances to teach children about typical kitchen hazards. A non-toxic

smoke system provides a realistic

environment to show the need to stay low and also not breathe the toxic fumes and gasses associated with a fire.

A 9-1-1 phone system provides

children the opportunity to prac-

tice calling 9-1-1 and talking to a real dispatcher. The living room has a log-lit fireplace to teach

fireplace safety, and the bedroom

door is heated to help teach chil-

dren to feel a closed door for heat. "Historically, many fires on Fort Riley are caused by children or unattended cooking," said Chief John Boyd, post fire chief.

This event gives families a chance to learn how to protect themselves in the event of a fire, he said.

The Director of Public Works and the Fort Riley Fire Department encourage everyone on Fort Riley to attend this truly unique child fire safety training opportu-

nity.

The Fire Safety House will be at Meade Heights at Meade Loop and McDowell Lane on July 10, at McClellan Heights at McClellan and McDowell Lane on July 17 and at Burnside Heights in the parking area of building 6775 on July 31.

The house will be open 3 - 5 p.m. Anyone on post is welcome to participate.

For further information, call the Fort Riley Fire Department, 239-4257.

"Historically, many fires on Fort Riley are caused by children or unattended cooking."

—Chief John Boyd
Fort Riley Fire Chief

Improvements will be made to post shopping with help of advisory council

By Kamelia Russell

3rd Bde., 75th Div. (TS)

Have you ever wished the commissary carried a certain product or noticed a higher price at the Post Exchange compared to another store? Now, customers who shop at the commissary or Post Exchange can improve their shopping experiences by bringing their ideas or comments to the Army and Air Force Exchange Service/Defense Commissary Agency Advisory Council meeting.

Customers can respond to managers and interact with them through this forum. Managers from AAFES and DECA get a chance to address customer satisfaction in areas such as customer service, pricing, associate availability and friendliness, as well as merchandise selection and availability.

"This is a forum for people to interact directly to the top, so we can improve things in all (AAFES) facilities," said Richard Talbot, general manager for AAFES Fort Riley and McConnell Air Force Base. "Feedback continues to be the key

to ensuring that we remain our customers' first choice for their shopping needs."

Mostly, participants bring concerns about products and prices. At times, prices in the commissary or Post Exchange could be higher than stores off post, so the managers send price surveyors out to the surrounding communities. Should some items actually come up higher, Talbot said he would match or lower the prices of those items in the AAFES stores.

Talbot said 50 percent of AAFES dividends are paid back into the community through Morale, Welfare and Recreation. "Fort Riley uses that (money) to improve quality of life," said Talbot. "That's why it's important to use AAFES facilities, and it all stems from being an active part of the council."

Any authorized customer of AAFES or DECA can join these forums and input their thoughts, experiences or ideas.

"It's a great meeting — the people who attend bring more ideas on improving the commissary," said Wanda Dotson, store director, Fort Riley Commissary. "However, we never had a really

big turn out."

Dotson said ideas for smaller serving size products for single people, organic milk and children-sized carts originated from these meetings. As a result, organic milk is a top seller and Dotson said the carts have been a hit, as well.

"We're here for them (the community), and that's the bottom line," said Talbot. "At the moment, we just have three loyal people showing up at the advisory council meetings. We need more to represent the community."

Dotson and Talbot encourage all AAFES and DECA patrons to get involved and better the community's shopping experience by voicing their opinion at the next meeting July 16, 9:30 a.m., at the Sports Page on Custer Hill. Patrons can also submit their comments anytime on the Interactive Customer Evaluation, <http://ice.disa.mil>

For more information, call: Lt. Col. Pamela Weishaar, 239-2620.

Officer Record Briefs now online

By Shannon Brown

Army News Service

Officers have a new capability to check their personnel information online.

MyORB is a web-based solution that enables active-duty officers to access, view and download their information within seconds using their Army Knowledge Online username and password.

In the past, officers had to visit their local personnel service unit to get a copy of their Officer Record Brief. Active-duty officers can access their ORB via the Internet. If corrections or updates are required, officers can then contact their local Personnel Servicing Battalion for assistance.

An ORB contains information considered by promotion boards and assignment officers such as assignment history, edu-

cation, awards and decorations, special skills or qualifications and previous promotions. It is produced from data stored in the U.S. Total Army Personnel Command database.

Officers should "aggressively" update their ORB early in the promotion selection process and once every year as a minimum, according to the Officer Record Briefs and Officer Promotion section of the PERSCOM Homepage.

Sundown Salute begins tomorrow

The Independence Day celebration in Junction City begins tomorrow with the opening of the Sundown Salute. The activities kick-off in the early evening with a free hamburger feed at City Hall at 5 p.m., followed by a Kiddy Parade. The parade is for children 2 - 11 years of age, and there is no entry fee.

On Friday, the day begins at 7:30 a.m. with the annual Coors 10k Freedom Run. Throughout the

day, several sites in Junction City have events scheduled. The fireworks display can be seen from Heritage Park and Sertoma Park at 10:30 p.m. Seating will not be provided, so it is recommended that you bring a blanket or lawn chair.

In commemoration of the Declaration of Independence, a salute to the Union will be fired at noon on Independence Day in Junction City by soldiers from Fort Riley.

KANSAS PRESS
2 x 2"
Black Only
W est Nile/7-1 & 7-4

BLESSINGS
2 x 3"
Black Only
Featured items

ACTION TIME
2 x 6"
Black Only
266, action time

SENIORS' SERVICE CENTER
2 x 2"
Black Only
seniors service 2 ads running

KANSAS PRESS
2 x 2"
Black Only
Ks Inauguration/7-1 & 7-4

THE MARTIN AGENCY
4 x 10"
Black Only
Altitel/Post/7-4-03

Fort Riley Sports

July 2, 2003

America's Warfighting Center

Page 7

Fishing on Fort Riley has its limits

By Jamie Bender
Staff writer

For many people, one of the joys of summertime is tossing a line into a lake or pond and relaxing as they wait for the fish to bite.

There are 29 ponds on Fort Riley that are stocked for fishing. As with hunting on Fort Riley, fishing on post has requirements.

"Two pieces of paperwork are required," said Rick Eystone, manager, Outdoor Recreation. "You need a Kansas fishing license and a Fort Riley hunting and fishing permit. The Fort Riley permit is a total of \$16. If you are E-1 through E-4, the Fort Riley permit is free. If you are 15 or younger or 65 years or older, it's also free. It's good from the date you purchase it to December 31, each year."

Along with the Fort Riley permit, there are creel limits in effect.

"As a rule of thumb, the fishing limits pretty much match up with the Kansas limits except for Cameron Springs, the trout pond," said Eystone. "A lot of the ponds have signs posted, and some of the signs talk about limits, but the best thing to do is pick up a copy of the Kansas fishing regulations."

If you are interested in fishing on post, stop by the Outdoor Recreation Office to purchase a post permit. A Fort Riley Fishing Guide is also available for free.

"It talks about each pond, where it is located and what kind of fish are in it," said Eystone. "We also occasionally get updated on the stocking schedule, so if anyone has questions about certain ponds and when they are stocked, we should have relatively current information."

For more information, call Outdoor Recreation, 239-2363. Natural Resources can be reached at

239-6211. More information is also available on the Fort Riley web page. Click on the recreation tab at the top of the page and follow the pull down menus to fishing.

Length Limits

- A 15-inch minimum length limit is in effect for black bass (largemouth, smallmouth, and spotted), with a creel limit of two, in all Fort Riley waters.
- An 18-inch minimum length limit is in effect for wipers (white bass/striped bass hybrid), with a creel limit of two at Funston and Moon Lakes.
- All fish less than the minimum total length shall be returned to the water immediately.

Catch and release on Fort Riley

- Wet your hands and keep the fish in water as much as possible when handling and removing the hook.
- Remove the hook gently. Do not squeeze the fish or put your fingers in the gills.
- If deeply hooked, cut the line. Do not pull the hook out.
- Do not play with the fish by reeling it in until it is exhausted.

Fort Riley softball standings as of June 21

Company Level League

Team	Wins	Losses
B, 101st FSB	8	0
HHC, 1/34 AR	8	2
A, 1/5 FA	8	4
D, 1/5 FA	7	0
A, 1/16 Inf.	6	2
HHC, 2/34 AR	6	3
1st Troop Bn.	5	1
B, 2/34 AR	5	3
331 Signal	5	4
HHC, 24 Inf/Div.	4	0
HHC, 1/5 FA	4	10
D Troop, 4th CAV	3	1
MEDDAC	3	2
A, 1st EN	3	2
4th Finance	3	5
346th MP CO.	3	5
HHC, 1/16 Inf.	3	5
3/382nd LSB	2	3
3/383, 75th Div.	2	3
D Det., 15th PSB	2	4
HHC, 1st Bde.	2	4
D Troop, 1st CAV	2	4
1/383 TSB	2	4
B, 1st EN	1	3
HHC, 1st EN	1	5
B, 1/5 FA	1	7
B, 1/34 AR	1	7
568 CSE	0	8

Battalion League

Team	Wins	Losses
HHC, 24 Inf. Div.	5	1
2/34 AR	4	0
1/16 Inf.	3	3
1/34 AR	3	3
101st FSB	3	3
MEDDAC	2	2
924 MP	2	2
1/383 TSB	0	4
1/5 FA	0	6

Women's League

Team	Wins	Losses
Acacia #91 Champs	2	0
101ST FSB	1	2
Meadowlark Hills	1	2

Bowling alley re-opening today

Custer Hill Lanes is celebrating the opening of the Strike Zone Snack Bar and new automatic scoring system with a Grand Re-opening. Plan to attend these festivities throughout the holiday week.

Today, the Strike Zone will offer free appetizers and punch bowl beverages 3 - 5 p.m. Tomorrow the celebration will continue with free bowling noon - 6 p.m. Friday, save those strikes for when red, white and blue pins earn you free games, and you can meet Custer Hill Lanes after the fireworks for extreme bowling, 9 p.m. - midnight. On Saturday, extreme bowling will be 9 p.m. - midnight, with free shoe rental available. Sunday, Family Extreme bowling will be 4 - 6 p.m., with \$10 lanes and one free pizza per lane. A Mystery Bowl drawing will be held at 7 p.m. Complete a registration card before Sunday to have a chance to win.

Start your holiday weekend with fun and lots of freebies at Custer Hill Lanes.

Carb loading before big race not for everyone

By Ryan D. Wood
Staff writer

Picture this. It's the Daytona 500, Jeff Gordon is on lap 25, but something is wrong. The engine starts to sputter, smoke pours out from under the hood, and Gordon pulls into the pit with four flat tires and out of gas. The pit crew is nowhere to be found.

Running a race with your body is similar to running a race in a car. Without preparation and planning, your chances of success grow smaller. With races such as the Coors Freedom Run and the Prairie Run approaching, there are a few healthy steps athletes can take to improve their chances of taking the "checked" flag.

In general, athletes need to eat a very well balanced diet, including carbohydrates, protein and fat, during training and right before a race, said Lt. Nicole Snyder, registered and licensed dietitian, Irwin Army Community Hospital. All nutrients are crucial, as they have different functions in the body. Carbohydrate, or CHO, should supply 55 to 60 percent of calories; protein 10 to 15 percent of calories and 20 to 30 percent of daily calories should come from fat. Many athletes who train in specific sports tend to focus on just one group, such as weight lifters. Weight lifters tend to eat large amounts of protein at the expense of carbohydrate. Runners often eat large amounts of carbs at the expense of protein and fat, she said.

According to Snyder, a popular trend for runners is "carb loading."

"If a runner wishes to carb load, he must consider the pluses and minuses of doing so," said

Snyder. "Up to starting the loading process, the runner must already eat a well-balanced diet for it to be effective."

Runners need adequate carbohydrate to replace the glycogen that is consumed during activity. Snyder said. Carbohydrate provides glucose, or sugar, which is stored in the body as glycogen. Glycogen is stored in the liver and in muscle tissue. That glycogen is then broken back into glucose and used by the cells for energy.

"An interesting point is that the liver may 'share' its glycogen stores with the rest of the body, however, the muscles can only use the glycogen that is already stored in them, as they lack the enzyme needed to let the glycogen out to the rest of the body. That's why it is so important to get enough carbohydrate in so that the muscles are loaded and ready to go," said Snyder.

According to Snyder, there are both benefits and risks to the loading process. Benefits include maximizing the amount of glycogen stored in the muscle, which allows athletes to maintain high intensity exercise for a longer period and reduces the risk of muscle fatigue.

The drawbacks of carb loading center on the body's reaction to increased carbs. The body stores extra water, between 2.5-3.5 pounds, during a typical carb

load. The extra weight may slow some runners down or force them to use glycogen stores to counteract the increased body weight.

To carb load properly Snyder recommends a seven-day regimen with three stages: the depletion stage, tapering and the repletion stage. During the depletion stage, athletes should exercise at 75 percent of VO2 max, with a carbohydrate intake equaling 50 percent of their calories. This will deplete the muscle glycogen reserves.

During the tapering period, athletes should decrease their exercise training, followed by a repletion stage, increasing carbohydrate intake to 65 to 75 percent of their caloric intake. This causes a starvation reaction in the body, which will refill muscle glycogen above normal levels to compensate. Who said?

Snyder suggested that runners should test the process during training to see if carb loading works for them.

Runners may find that they do just as well eating a normal diet with an extra serving of complex carbohydrates the evening before the race instead of the involved carb loading process.

In addition to carb loading, Snyder stressed the importance of proper hydration.

"Drink water continuously



throughout the day. Instead of reaching for soda, coffee or tea, keep a refillable bottle of water on the desk," said Snyder.

To properly hydrate, Snyder recommends drinking 24 ounces of water, two hours prior and 8 to 10 ounces, 15 minutes prior to athletic events. During exercise, drink 4 to 8 ounces every 15 to 20 minutes, and after exercise Snyder recommends 20 to 24 ounces of water for every pound lost.

"For exercise in hot, humid climates, drink a sports drink which replaces electrolytes," she said. "Sports drinks are superior to water when sweating in large amounts, as the carbohydrate amount is absorbed by the body. Cola, juice and some other sports drinks have too high of a carbohydrate load and will not be absorbed rapidly. In fact, the extra carb delays absorption."

Some preparations popular with athletes may actually lower performance and cause harm to the body.

"The supplement industry is a huge business," said Snyder. "Runners need to be very cautious about taking a product, due to potential adverse health effects. The best thing to do is to bring the product to a registered dietitian, pharmacist or physician to validate the supplement's claims. Most people do not need to supplement the diet beyond a standard multivitamin, which provides 100 percent of the daily values."

As with any diet change or exercise program, people should consult with their physicians to assure safe training. For more information on nutrition and athletic preparation, contact the Nutrition Center at IACH, 239-7644.

Echinacea used for variety of ailments -- sore throat, cough, colds, snakebite

By Alan Hynce
DES Biologist

The prairies of Kansas are rich in history. Each prairie plant and animal has its own unique story that has unfolded over the centuries. Some contain volumes while others can be told in a short time, possibly waiting for just the right moment in the spotlight. Many of the native prairie plants provided a source for food and medicine to the Native American and early settlers. One of the most important was the purple coneflower.

There are two species of purple coneflower that can be found in the area. They include pale purple coneflower (Echinacea pallida), and narrowleaf coneflower (Echinacea angustifolia). The latter is most common on Fort Riley. All are noted for their long pink petal rays and bristly head that is quite sharp to the touch. A third species called purple coneflower (Echi-

nacea purpurea) may be found just to the east of Fort Riley in Missouri.

The primary medicinal uses of Echinacea are derived from the root. It was used mostly as a painkiller, but was also used for a variety of ailments including sore throat, cough, colds and snakebite.

Echinacea was the only prairie plant used extensively by the early European settlers. The first mention of Echinacea by a physician was by Dr. Ferdinand V. Hayden in an 1859 report to the Secretary of War. He stated that trappers and Indians used the root of Echinacea extensively for cure of snakebite and other ailments.

H.C.F. Meyer, patent medicine salesmen from Pawnee City, Neb., made the first claims for the plant in the early medical literature. Although his claims were extravagant, he nonetheless got the attention of other practitioners regarding Echinacea. Some of his

claims include curing ulcers, gangrene, typhoid, malaria, diphtheria and snake bite. Interest in the properties of the coneflower

soared there after. In 1898, the oils from purple coneflower were isolated at the University of Kansas and tested.

On the Wildside: News About Nature



Echinacea was the only prairie plant used extensively by the early European settlers.

Many doctors and researchers reported success in curing a number of ailments by mixing four parts alcohol, one part water and a "tinture" of the ground root.

Modern testing of Echinacea began in 1950 in Germany. They found the root to possess mild antibiotic properties against streptococcus. Testing occurred off and on through the 60 and 70's. Then in 1978, Echinacea was found to possess immunostimulatory properties, which is what the plant is sold for primarily today.

Other uses of this plant include using the dried head as a comb. This was evidently a prominent use among the plains Indians, evidenced by one Omaha name for the plant of "mika-hi," meaning, "comb plant."

The recent popularity in herbal medicines has unfortunately put Echinacea in danger of being over collected. Since the rootstock is used primarily in the herbal extracts, the individual plants are

destroyed.

Serious cases of poaching have occurred on public and private lands. One of the areas hardest hit has been road right-of-ways, which has prompted the Kansas Department of Transportation to enact new laws against collection of herbs from roadsides.

Echinacea roots may not be harvested on Fort Riley per the Range and Safety Regulation 385-12: "Flowers and foliage of plants (excluding trees and shrubs) may be taken for ornamental purposes without a permit provided that no more plant material is taken by any one individual, each day, than can fit into a standard three-pound coffee can with a six inch diameter opening. Root of plants may not be taken."

Contact the Directorate of Environment and Safety, Conservation Division, 239-6211 or stop by building 1020, if you have any questions.



Briefs

Childcare Openings

The Fort Riley Child Development Center currently has openings for the full-day pre-school for children 3-5 years of age. The hours available are 6 a.m. to 6 p.m. Cost is based on total family income. Children must be registered with Child and Youth Services before they can be enrolled in the CDC. Contact CYS Central Registration, 239-9478 or 239-4847, for information and an appointment.

Holiday Range Closure

Military training is not scheduled to be conducted at Fort Riley Thursday through Sunday in observance of the Independence Day holiday and weekend. Range Control Headquarters and all range support facilities will be closed from 12:01 a.m. Thursday until 12:01 a.m. Monday.

If guards are required at the Ammunition Holding Area during this closure period due to unit requirement or safe haven, the Fort Riley Operations Center will notify the G3 Sergeant of the Guard, who will report for duty. The Range Control Communications Section will resume normal operations at 12:01 a.m. Monday, at which time communications with radio stations normally monitoring Range Control frequencies will be re-established. For more information, call Lee Breidenstein, Range Control Headquarters, 239-4516.

Changes of Command

The Fort Riley Criminal Investigation Division, Battalion Change of Command is scheduled July 18, 9 a.m. at Cavalry Parade Field. The incoming commander will be Lt. Col. James W. Gray. He is coming to Fort Riley from duty at Scott Air Force Base, where he was the force protection

officer, Transportation Command. Leaving Fort Riley CID will be Lt. Col. Michael R. French. French is retiring after 21 years of service.

In case of inclement weather, the ceremony will be held at Hanger 817.

The 924th Military Police Battalion will have a Change of Command Wednesday, 9 a.m., at Cavalry Parade Field. Lt. Col. Pamela L. Martis will relinquish command to Lt. Col. Anthony D. Zabek. In case of inclement weather, the ceremony will be held at King Field House.

Softball Scorekeepers Needed

The Fort Riley Sports Office is looking for a few more individuals who would like to become scorekeepers for slow pitch softball games. The games are in the evenings and on weekends. It can be a good source of extra income during the summer months. Anyone that might be interested should contact Barry Sunstrom, 239-3945.

Refuse Collection Schedule

Due to the upcoming July 4 holiday, the refuse collection schedule will change. Collection days will be: Monday, Colyer Manor, Main Post Housing and Marshall Air Field; Tuesday, Peterson Heights, O'Donnell Heights, Ellis Heights and Monticello Heights; Wednesday, Warner Heights and Burnside Heights and Thursday, Meade Heights, McCullum Heights, South Warner Heights and South Peterson Heights. There will be no trash collection on Friday.

All trash must be placed on the curb no later than 7:30 a.m. During this Holiday week there will be no special pickups.

Battle of the Bands

Battle of the Bands 2003 will be held July 11, 9 p.m., at Rally Point. Battle of the Bands is a competition between six local bands.

The bands will be judged in several categories, such as originality, crowd response and musicianship. Bands must perform live for approximately 30 minutes each. Prizes will be awarded. Tickets will be available in advance at Information, Ticketing and Registration for \$5. They will also be sold at the door.

For more information, call 239-8147.

Soldier Show

The U.S. Army Soldier Show is coming to Fort Riley for two shows Saturday. The 17-member cast will perform at McCain Auditorium at Kansas State University, at 2 and 7:30 p.m.

Tickets to the event are free and are available at Information, Ticketing and Registration, 239-5614. Tickets are also available at McCain Auditorium.

Post releases annual water consumer confidence report

Fort Riley's Directorate of Environment and Safety has prepared Fort Riley's Annual Consumer Confidence Report. "Fort Riley is committed to providing a safe and reliable supply of high-quality drinking water. Fort Riley's drinking water met or surpassed all federal and state drinking water regulations in 2002 and continues to do so," said Debra Porter, DES drinking water program coordinator. "Fort Riley has prepared an annual Consumer Confidence Report which is required by the Safe Drinking Water Act."

The CCR is posted on the Internet at www.riley.army.mil. "From the Fort Riley Homepage, follow the link to Services, Fort Riley Services and then to the Environment page, which will have a link labeled "Quality of Tap Water Report," Porter said.

The CCR provides information on the type and name of the water source; information on contaminants, including a mandatory monitoring list; information on detected regulated and/or unregulated contaminants; any violations associated with monitoring and reporting and additional health information for immuno-compromised persons.

The CCR will be updated annually. Information about CCRs can be obtained from the EPA's Safe Drinking Water Hotline, 1-800-426-4791. For additional information about Fort Riley's CCR, consumers can contact Porter at DES, 239-2630.

Barlow Theater

Tomorrow:

7 p.m.
Daddy Day Care (PG)

Saturday:

7 p.m.
Bruce Almighty (PG-13)

Sunday:

7 p.m.
The Matrix Reloaded (R)

July 10:

7 p.m.
Bruce Almighty (PG-13)

Ticket prices:
Adults - \$3
Children - \$1.50

Gardening continued from page 5

den," he said.

Kids also develop a sense of sharing by giving herbs, flowers and vegetables to family members. "Children want to participate and contribute to their family," Mattson said.

According to Mattson, developing horticultural therapy can be easy - if you have a vision. "You should have a respect for nature. You should have awareness to preserve and interact with the environment," Mattson

said. Otherwise, it can be as easy as bringing a potted plant indoors.

The horticultural therapy website offers some basic tips for gardeners working with children. The first recommendation is to show; don't tell. Show the children how to plant - don't tell them how to plant. When working with young children, have a variety of activities available to hold their short attention spans. Digging holes is one thing that

seems to hold endless fascination.

Second, remember that instant gratification helps the children appreciate their work. Try planting radishes - the shoots appear in three or four days.

Also, be a good role model. Work with the children instead of directing them.

If you are working with a large group of children, break them up into smaller groups. It

makes group discussions much easier.

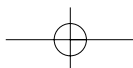
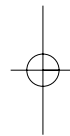
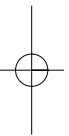
According to the Fort Riley housing handbook, garden plots in the housing areas may be located in the backyard and must not intrude on the lawns of others. The plots must not exceed 10 feet by 10 feet and must be restored prior to clearing the quarters.

Editor's Note: From a K-State news release and staff reports.

DAILY UNION
6 x 11"
Black Only
POST SERVICE DIRECTORY



Cyan Magenta Yellow Black





Cyan Magenta Yellow Black



Page 10

Port Riley Post

July 2, 2003

ITR

The Information, Ticketing and Registration office is located in building 6918 (across from the PX). ITR hours of operation are Monday - Friday 10 a.m. - 6 p.m., Saturday 9 a.m. - 2 p.m. and the office is closed on Federal holidays. For further information, call ITR, 239-5614 or 239-4415. ITR services and discount attraction tickets are available to active duty military, retirees, National Guard soldiers, reservists, Department of Army civilians and family members.

Union Station

Union Station in Kansas City has 'Bugs' in 3D, a movie about bugs starring real bugs. It is a bug's eye-view of the fascinating universe of insects magnified up to 250,000 times its normal size and in 3D on the giant screen. The movie focuses on the life cycles of a praying mantis and a butterfly from their birth to their inevitable encounter in the tropical rain-forests of Southeast Asia where predator meets prey. Bugs is rec-

ommended for ages 8 and up. Other fun bug events include watching the bug artist at work; joining in kid activities and viewing bug specimens from local institutions. Science City and Union Station combo tickets are available through ITR.

Cruise Packaging

Authorized patrons can start taking advantage of special military discounts and bargain cruises. Stop by ITR and pick up brochures or call 239-5614 and make an appointment with the cruise counselor.

Colonial Williamsburg

At Colonial Williamsburg, the restored capitol of 18th-century Virginia, they diligently work each day to bring the nation's cultural and historical legacy to life. But during the 2003 "Honoring Service to America's Veterans" tribute, they also want to proudly recognize the men and women who work so hard to protect the

American way of life today. If you are active-duty, retired or Reserve military personnel, you and your family are invited to visit Colonial Williamsburg on two patriotic holiday weekends, Independence Day, July 4-6, and Veterans Day, Nov. 7-9. You can receive complimentary admission to the historic area and museums. Come and be inspired by all the sights, sounds, tastes and experiences that gave birth to the nation.

For more details on admission and specially discounted hotel stay, call (800)History or go to www.colonialwilliamsburg.com

Wet'n Wild Orlando

Operation: Get Wet! at Wet'n Wild Orlando, offers a free 1-day admission to active duty, reservists and National Guard members and 50 percent off regular gate admission for up to four accompanying family and friends. Tickets are available at the gate only. For additional information, call (800) 992-WILD or go to

www.wetwildorlando.com

Worlds of Fun

Worlds of Fun, Kansas City, will leave you screaming for more. Worlds of fun is now open for the season with a "Spring Special" discounted ticket through ITR. Hurry, because the special discount ends June 30.

As you make your way through 175 acres of excitement and family entertainment, you're sure to find that Worlds of Fun will always leave you screaming for more. Those looking for intense thrills will be sure to head to the world-famous Mamba and Boomerang roller coasters. After going 75 miles per hour on one coaster, then riding through another completely backwards, you'll learn the real meaning of "Open up and say AAAAGH!" Straight out of the pages of the world-famous comic strip, everybody's favorite beagle and his friends are hosting an exciting collection of family rides and

attractions at Camp Snoopy, Worlds of Fun's family play land. Camp Snoopy is over one acre and home to rides and attractions designed especially for families.

Kansas Cosmosphere and Space Center

Located in Hutchinson, the Cosmosphere is quickly becoming the most comprehensive space museum in the world. It is not what you would expect to find on the open prairies of Kansas, and that's the point exactly. From the jaw-dropping Hall of Space Museum to the million-dollar multimedia Planetarium, the Cosmosphere is an all-day, all ages adventure. Discounts are available through ITR.

Silver Dollar City

Silver Dollar City, Branson, Mo., is having Military Days through Oct. 26. You can purchase a discounted two-day adult ticket through ITR and get a com-

plementary child's ticket by showing your pre-purchased tickets at the Silver Dollar City ticket booth.

Let ITR put together a Branson package for a weekend get-a-way or family vacation. Discount tickets available to numerous attractions in Branson.

Oceans of Fun

Oceans of Fun is located next to Worlds of Fun. Guests of Oceans of Fun will be surrounded by the tropical excitement of Paradise Falls, debuting this year. Paradise Falls brings increased playability to the 60-acre water park. You won't be able to miss the 1,000-gallon bucket located at the top of the water playhouse. Every five minutes the bucket fills and empties, and water gushes on anyone and everyone below. Paradise Falls is overflowing with fun for children of all ages and is sure to keep everyone busy and soaking wet for hours. Discount tickets available through ITR.

MWR brings discounted resort, theme park fees to redeploying soldiers

By Harriet E. Rice
Army News Service

This summer, many theme parks, regional attractions and vacation destinations will salute the military with free admissions and deep discounts that last through late fall and early winter. Information, Tickets, and Registration staff on posts all over the world can help customers save even more by providing the absolutely lowest rates for hotels near those attractions and destinations, at the same time generating money for their installation Morale, Welfare and Recreation fund, says Dan Yount, chief of the Leisure Travel Office in at the Army Community and Family Support Center.

"Usually, the same service offered on commercial vendors' websites can be conveniently arranged by the ITR staff at the same or an even lower cost," says Yount. "When authorized customers who could use ITR services use commercial websites to book their vacations or purchase their tickets, the local ITR/MWR gets no commissions and therefore no income."

Another example he gives is the cost of hotel rooms: hotel discounts are as much as 40 percent in major cities such as Boston and New York, and ITR staff can book rooms.

Along with the ITR, soldiers

and their families can also check out Web sites run by various theme parks and resorts offering discounts.

Sandals Resorts, with 17 resorts in Jamaica, Antigua, the Bahamas and St. Lucia, is offering a free, three-day vacation to soldiers courtesy of a \$1 million donation through Operation Relax. The resorts will pay for a trip to their resorts if soldiers can prove their service with a photocopy of orders stating they are on active duty and a copy of their military ID card. Spouses can fill out an application if the applicant is deployed.

Applications are on a first-come first-serve basis and must be received by Aug. 9. The applications will be accepted until the \$1 million mark is reached. Once the applications are authenticated, a certificate for the deluxe vacation will be mailed out to the soldier. The certificate will be good for two years. For more information

go to www.sandals.com.

In Colorado, Ron and Ruby Clements just want to reward returning veterans from Iraq. Ron is a retired Air Force lieutenant colonel and flew 300 combat missions during Vietnam. They will host 10 soldiers, their spouses or significant others, for six one-week-long retreats to the Eagle's Nest recreational ranch in Colorado this summer.

Soldiers can qualify by having served in Iraq during the war and must present a letter from their commander stating they "served honorably overseas."

To take advantage of this visit www.loneconoutfitters.com.

The country's major theme parks - Disney, Universal Studios, Anheuser-Busch - are all offering free passes to military members. All soldiers whether they're in the National Guard, Army Reserves or on active duty can take advantage of the deals, said Yount.

At Universal Studios Holly-

wood, active members of the military qualify for free admission until Dec. 19. Up to five family members or friends of each service person will also be able to purchase the same pass for \$39 until Dec. 19.

Members of the military will also receive a 40 percent discount at Universal Orlando's three on-site Loews Hotels through Dec. 19. The on-site hotels include: Portofino Bay Hotel and Universal's Hard Rock Hotel. A soldier can stay at the Royal Pacific Resort from August 17 through Dec. 19.

For more information about Universal Military Salute visit www.universallorlando.com/military or www.UniversalStudiosHollywood.com

For more information about the Disney deals, visit www.disneyland.com/military. Information

and applications about all the various passes and offers appears on www.offdutytravel.com at the menu item "Special Free Admission Offers."

"We have all the information, including any blackout dates and the application form a soldier needs to bring to the box office to obtain the free admission," says Yount, adding that soldiers should be prepared to provide written

documentation and identification to verify their eligibility.

"You'd really be hard-pressed to beat some of the travel, entertainment and vacations deals that are being offered to the military right now, and if customers can help keep some of their hard-earned money at home to benefit their own MWR programs by using ITR and the Web site, so much the better," says Yount.

GLOBAL SECURITY LLC
2 x 2"
Black Only
LOGO

USA DISCOUNTERS
3 x 10.5"

PSD/Post for July

CHURCH OF CHRIST
2 x 2"
Black Only
worship times TP

DPCA
3 x 8"
Black Only
soldier show